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Statement submitted by Concepts of Truth, Inc., a non-governmental organization in consultative status with the Economic and Social Council*

The Secretary-General has received the following statement, which is being circulated in accordance with paragraphs 36 and 37 of Economic and Social Council resolution 1996/31.

* The present statement is issued without formal editing.

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Statement

Paving the Way for Equality and Social Inclusion: Education on Holistic Health as a Social Protection Policy

Equality and social inclusion begin with the individual. Social protection policies that intend to fight poverty are useless without a basic understanding of what poverty truly is. Poverty places individuals at a huge disadvantage when it comes to equality and social inclusion. Many are uninformed about the true nature of poverty. The reality is that poverty is more than the lack of income and resources necessary for insuring a livelihood. The UN's report on the Sustainable Development Goals finds that poverty includes hunger, malnutrition, limited access to education, social discrimination, exclusion, and the lack of participation in decision-making. Poverty is multidimensional. In essence, material poverty frequently coexists with educational, social, and emotional poverty. It is far easier to assume that the world's problems would be solved with more money. However, how can one feel equal and included in society if they struggle to cope with the pain and suffering of these abstract forms of poverty? It is clear that equality and social inclusion must begin with providing social policies that not only aim to aid those who need resources, but to also protect the more abstract forms of poverty: limited or no access to education, social discrimination, exclusion, and emotional poverty. Then, and only then, can we attain equality and social inclusion.

Concepts of Truth International (COTI) aims to educate the whole person to make healthy life choices and empower future generations. As a method of social protection, COTI recognizes the power of providing access to education on holistic health to address the complex issues of inequality and challenges to social inclusion. COTI's sexual health curriculum teaches that the human person exists as a multidimensional being and that one's sexuality is integrated in all dimensions of their humanity. The lessons stress that one's sexual health depends on the choice to save sex for one monogamous partner and to make healthy informed choices in relationships. These choices affect the whole person's present and future well-being as well as the well-being of their progeny. For those who have experienced reproductive loss or sexual trauma, COTI provides compassionate and liberating counseling for them and their loved ones, regardless of their faith, lack of faith, or background. In this way, COTI helps women and men find holistic health through the grieving process as they learn to allow healing, receive comfort, and find peace. Through providing access to this education for those who are suffering, women and men will find relief after reproductive loss or sexual trauma.

Successfully implementing holistic health care solutions requires a specific method developed by COTI. The method consists of building Awareness, providing Access, effectively Communicating, fully Committing, and dedicating Time (also known as COTI's "AACCT" model). First, there must be awareness of the problem. So many of the wounds that people suffer are completely invisible to outsiders. Building awareness allows individuals and communities to acknowledge and accept trauma, as well as prevent those from discriminating against the ones who suffer. With new awareness comes a new need. The need for access to holistic health education. This means providing the victims of trauma and loss access to those who can help them, so that their voices can be heard. Communication is then key to processing past events and emotions in a restorative manner and plotting out healthy constructive strategies for the future. Next is commitment, a central component to the healing process. Cementing a committed relationship between the clients and the counselors ensures that the former receive consistent and effective treatments. Finally, time is necessary to allow the wounded to reintegrate into society and pull out of their emotional poverty.

COTI acts to spread awareness of the possible trauma of reproductive loss and its consequences on individuals and societies by providing worldwide access to competent and caring counselors, who acknowledge and affirm the client's emotions. COTI's counselors and consultants communicate deeply and effectively with their clients, instilling in each individual a due sense of human dignity deserving of love. COTI is committed to providing each person with knowledge that will enrich their sexual and mental health and release them from the pain and guilt of past reproductive loss or sexual trauma, which often contributes to multidimensional poverty. Providing everyone with the equal ability to access this type of healing paves the way for social inclusion. Over time, COTI thus equips each person with the confidence they need to be free from the emotional suffering that impoverishes them and their relationships.

The biggest challenge is that many traumatic wounds are on the inside, not visible to the human eye. However, the visible coping mechanisms used to manage these unresolved losses are undeniably catastrophic. The fallout is devastating personally, relationally, and economically to the individual and to those who love them. It is imperative to acknowledge grief and traumatic experiences. The world has become much smaller because of modes of instant communication. We watch on the nightly news natural disasters, terrorist attacks, and other international devastations. The images of those who are wounded, helpless and trapped are deeply imbedded into our psyches. Because of this, many have lost hope. However, we can reach those who are wounded, helpless and trapped when we go from global to local. COTI does so by educating and empowering the individual. By leading the individually wounded toward personal sustainability, we can lead individual communities toward societal sustainability, and, eventually, our world can attain global sustainability.

When the emotionally impoverished are bullied into silence or shame, their growth as a member of their community is halted. When the trauma is processed through careful counseling, what results is not only the potential for healing, but the potential to empower others to make healthy life choices. COTI's staff have experienced this first hand. They understand that when an individual walks through this process, they will continue to move forward to holistic well-being and make healthy life-choices. In turn, the individual will have the ability to inspire others to seek out healing. No longer do those hurting have to try and ignore the pain of traumatic losses. With healing, they can find their voice, receive comfort, practical life-skills, and feel like a fully active and adjusted member of society. They are able move forward and thrive in their community.

Concepts of Truth, Inc. recommends that Member States and this Commission:

- Implement the COTI method of using Awareness, Access, Communication, Commitment, and Time (COTI's "AACCT" method) to effectively educate individuals on holistic health;
- Enact policies requiring accountability from member states to educate with sexual health programs that incorporate educating the whole person;
- Promote measures that all mental health care programs worldwide provide practices for holistic health care in order to allow the processing of traumatic events to be in safe environment with safe persons.

If the Commission for Social Development and Member States implement these recommendations as social protections, we believe the citizens who choose to participate will be empowered to taking another step toward eradicating personal, familial, communal, and international poverty. In this way, equality and social inclusion can be achieved, attaining sustainable development for all.